

## **Personal Skills 2**

**Course Code: 2858**

### **INTRODUCTION**

Family and Consumer Sciences at the middle level is designed to help young teens manage their lives to become productive, independent individuals. Students acquire skills for personal and workplace success and utilize technology to enhance learning. Safety, security, and sanitation are stressed at all levels. Service learning is an integral component at the middle level. The standards of the Family and Consumer Sciences student organization, Family, Careers and Community Leaders of America (FCCLA), will be integrated throughout the curriculum.

The middle school standards are aligned with the Family and Consumer Sciences National Standards, English/Language Arts, Math, Science, Social Studies, Health, Physical Education, and Visual Arts South Carolina Standards. The programming for middle school focuses on rigor with relevance, best practices, contextual learning, career exploration, and entrepreneurial opportunities.

The overall mission of Family and Consumer Sciences in the middle school is to provide “a solid foundation” for students so that will have the skills and knowledge to make informed decisions that will shape their futures. Because there is clear alignment with high school standards, students will enter high school with the basic knowledge necessary to make decisions earlier and therefore providing more opportunities to be better prepared to be competitive in a global society upon exiting high school.

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Personal Skills 2 focuses on the changes and challenges faced by young teens today. Topics include family relationships, goal setting, money management, home repairs, early childhood development, textile products, eating disorders and careers. Integration of the Family and Consumer Sciences student organization, Family Careers, and Community Leaders of America (FCCLA), greatly enhances this curriculum.

**Objectives:**

Students will:

1. explore methods of reaching short-term and long-term goals.
2. develop and maintain a budget.
3. identify home sanitation, safety, and security practices.
4. explain how to help children learn.
5. develop basic clothing construction/repair skills.
6. identify nutrition related diseases.
7. identify careers within the sixteen career clusters.

**Credits:**

Exploratory course no credits available

**National Certifications:**

Babysitting Certification  
American Red Cross  
<http://www.redcross.org>

The Real Game Certification  
<http://www.realgame.com>

**Recommended Grade:**

8<sup>th</sup>

**Prerequisite:**

Introduction to Personal Skills and Personal Skills 1

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### **Textbooks:**

#### **Glencoe/McGraw-Hill**

**Discovering Life Skills, 1st Edition**  
Student Edition

Author: Glencoe  
0078298474 06-08 2004 \$38.49

*Discovering Life Skills* is a comprehensive text designed to help young students learn about themselves, others, and their environment. Each chapter is short and easy to read and contains clear objectives, new ideals, new terms, application activities, review questions, Internet activities, responsible choices exploration, and career choice and options. The units include, focusing on you, charting your future, exploring fashion and clothing, and investigating foods and nutrition.

#### **Glencoe/McGraw-Hill**

**Today's Teen, 7th Edition**  
Eubanks  
Student Edition

Author: Kelly-Plate,  
0078463696 06-08 2004 \$40.98

*Today's Teens* is a comprehensive text that includes unit motivators, creative thinking skills, technology integration, and short reviews and evaluations. Lessons are aligned with Family and Consumer Sciences National Standards.

#### **Goodheart-Willcox Company**

**Building Life Skills**  
Student Edition

Author: Liddell and Gentzler  
1566378850 06-09 2003 \$39.99

*Building Life Skills* is designed for the sixth through the ninth grades. This text provides tools needed to build strong relationships, self-concepts, and skills for managing their lives. Objectives and lessons are aligned with the Family and Consumer Sciences National Standards, the chapters are short and easy to read, case studies bring various situations to life, and there are on-line teen connections and apply-it activities. The units include managing your life, understanding children, your health and nutrition, working in the kitchen, the clothes you wear, the place called home, and reaching new heights.

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**Goodheart-Willcox Company**  
**Life Skills for You**

Tippett

Student Edition

Author: Strohecker and

159070312X 06-09 2006 \$36.99

*Life Skills for You* is an up-to-date text appropriate for middle school students. Topics included are foods, clothing, decision-making, and personal development. Case studies illustrate how skills are applied to real life.

**Goodheart-Willcox Company**  
**Take Charge of Your Life!**

Kristenson

Student Edition

Author: Ross and Owens—

156637927X 06-09 2004 \$40.98

*Take Charge of Your Life* is a comprehensive text that is easy to read and practical. The chapters include real life scenarios and opportunities to apply skills learned. At the beginning of each chapter there are three points listed to help students understand how the material in the chapter will be relevant in their life.

<http://www.mysctextbooks.com/>

### **Curriculum Guides Available:**

Contact - Beth E. Zitko-Peters  
Personal Skills Consultant  
P.O. Box 2670  
Cornelius, NC 28031  
(704) 896-9046  
[personalskills@mindspring.com](mailto:personalskills@mindspring.com)

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### **Standards Revision Committee**

Dorothy Blanton  
Gettys Middles School

David Prigge  
Richland School District One

Atiba Bonner  
Lakeview Middle School

Iris Taylor  
Schofield Middle School

Judy Chestnut  
Whittemore Park Middle School

Beth Zitko-Peters  
Winthrop University

Zandra Overstreet  
Walhalla Middle School

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### **A. INTERPERSONAL RELATIONSHIPS (Relationship Strategies)**

1. Explore relationship influences on the family as affected by family structure, family size, and birth order.
2. Describe ways to reach short-term and long-term goals.

### **B. CONSUMER SERVICES (Cash and Consumers)**

1. Interpret consumer information to enhance the quality of life, ensure safety and well-being, and save resources.
2. Describe money management skills.

### **C. HOUSING AND INTERIORS AND FURNISHING (Living Spaces)**

1. Describe methods to maintain a clean and safe home environment.
2. Determine the proper steps to follow in a variety of home repair emergencies.

### **D. EARLY CHILDHOOD (Win With Kids)**

1. Describe early childhood activities that foster future success.

### **E. TEXTILES AND APPAREL (Creating Style)**

1. Demonstrate safety procedures and the proper care and use of large and small equipment.
2. Determine appropriate textile products for various uses.

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### **F. NUTRITION AND WELLNESS (Food Matters)**

1. Demonstrate safety and sanitation procedures while working in the kitchen.
2. Identify symptoms and treatment of malnutrition, eating disorders, and obesity.

### **G. CAREERS (Career Exploration)**

1. Describe various ways to prepare for employment.
2. Identify careers within a career cluster.
3. Present oral and written information in a professional manner.